

2019 Coronavirus (COVID-19) Frequently Asked Questions*

*Information is current as of 11/9/2022 and is subject to change

Please note: Text in this color denotes information updated since the last version of this document

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Situation in Maine

What happens when a case of COVID-19 is identified in Maine? (2/24/2022)

- When Maine CDC is notified of a positive result, a case investigator may reach out to the patient. The investigator asks basic questions about the person's illness. This can include symptoms and when they started and possible exposures.

What about people from out of state who test positive? Where are their results reported? (3/31/2020)

- Maine CDC reports out-of-state travelers who test positive in Maine to the state of their primary residence. This makes sure that there is an accurate national tally of COVID-19 cases under guidance from US CDC.
- Patients may continue to receive treatment in the state where they get their test.

I would like to volunteer to help with the COVID-19 response. How can I do this? (3/4/2021)

- Please visit www.maineresponds.org to register as a volunteer. Maine Responds contacts volunteers to help during a disaster or emergency situation.

Where can I find information on COVID-19 vaccination in Maine? (12/10/2021)

- Please visit the [COVID-19 Vaccination in Maine](#) for more information on COVID-19 vaccines and where to find them.
- Call 1-855-608-5172 if you need help getting a ride to your vaccine appointment. Reserve your ride at least 48 hours in advance of your appointment.
- Find a COVID-19 vaccine site [here](#) and [here](#).

I am fully vaccinated but lost my vaccine card. How can I get a replacement? (12/10/2021)

- **First**, contact your vaccine site to find out if they can give you a replacement card.
- If the vaccination site cannot do this or no longer exists, contact the Maine Immunization Program (MIP). MIP does not issue replacement cards. They can give you a copy of your vaccine record.
 - Fill out this [Vaccination Record Request Form](#).
 - Or call 1-800-821-5821 and follow the prompts for the Maine Immunization Program.

Where can I find updated K-12 school guidance for Maine? (10/20/2022)

- Find updated K-12 school guidance from U.S. CDC [here](#).
- Contact the administration of your school for questions about masking requirements in your school.

Where can I find information on the vaccination requirement for healthcare workers in Maine? (1/24/2022)

- Please visit this [FAQ page](#) for more on the Healthcare Worker Vaccination Rule.
- Find the final "Immunization Requirements for Healthcare Workers" [here](#).
- See your healthcare provider for more information on medical exemptions. Read more about the [Maine Vaccine Exemption Law Change here](#).

Where can I find information on getting COVID-19 treatment (Paxlovid, monoclonal antibody, etc.) in Maine? (6/30/2022)

- Visit [COVID-19 Treatment in Maine](#) for information on how and where to get treated for COVID-19.
- If you do not have COVID, talk to your healthcare provider. Find out if treatment is right for you if you get COVID. Have a plan for how to get tested quickly and where you can find COVID-19 treatment.

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About COVID-19

What are the signs/symptoms of COVID-19 and when do they appear? (12/16/2020)

- Signs and symptoms include:
 - Fever or chills.
 - Cough.
 - Shortness of breath or difficulty breathing.
 - Fatigue.
 - Muscle or body aches.
 - Headache.
 - New loss of taste or smell.
 - Sore throat.
 - Congestion or runny nose.
 - Nausea or vomiting.
 - Diarrhea.
- Seek medical attention immediately if you experience any of these emergency warning signs for COVID-19:
 - Trouble breathing.
 - Persistent pain or pressure in the chest.
 - New confusion.
 - Inability to wake or stay awake.
 - Bluish lips, face, or unpigmented skin (gums, around the eyes, nail beds).
- Symptoms may appear 2-14 days after exposure to the virus.

Can a person spread the COVID-19 virus even if they have no symptoms? (9/17/2021)

- Some people infected with COVID-19 may be infectious before showing symptoms. They can also be infectious and not show any symptoms (asymptomatic spread).

How long can someone test positive for COVID-19 after being released from isolation? (8/12/2022)

- Once you leave COVID-19 isolation, you [may continue to test positive for COVID-19](#) on COVID tests for up to 90 days after your symptoms first started.

What is the medical treatment for people affected by COVID-19? (3/15/2022)

- Find information about COVID-19 treatment options in Maine [here](#).
- Talk to your healthcare provider about what [treatment options](#) may be right for you.

Can the COVID-19 virus be spread from contaminated surfaces? (1/24/2022)

- You can get the COVID-19 virus from contaminated surfaces, but this is not the main way the virus spreads.
 - The virus spreads when an infected person breathes out droplets and very small particles that have the virus in them. A person can become infected by:
 - Breathing in air near an infected person who is breathing out small droplets that contain the virus.
 - Having small droplets and particles with the virus land on the eyes, nose, or mouth. This can happen especially through sneezes or coughs.

- Touching the eyes, nose, or mouth with hands that have virus on them. This could happen from a cough, sneeze, or contaminated surface.
- Clean and disinfect frequently touched objects and surfaces. Wash your hands frequently.
- Most often, spread of the virus occurs person-to-person through respiratory droplets. [Practice general prevention measures.](#)

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COVID-19 Variants

Where can I find information about COVID-19 variants in the United States and Maine? (12/1/2021)

- Find information on COVID-19 variants found in Maine [here](#).
- Find information on COVID-19 variants in the United States [here](#).

How is the Omicron variant different from other COVID-19 variants? (7/18/2022)

- The Omicron variant has many mutations of the spike protein. This is the part of the virus that allows it to enter human cells and reproduce.
- Learn more about the Omicron variant [here](#).

What Omicron subvariants have been found in Maine? (7/18/2022)

- You can find the most updated [report of genomic testing here](#).

What steps can I take to keep myself and my family members safe from COVID variants during holiday gatherings, travel, and at other times? (2/24/2022)

- Follow the same [prevention steps](#) for all other COVID variants.
- The best thing you can do to protect yourself and your loved ones is to get vaccinated and [stay up to date](#).
- Wear face coverings in public indoor places. When possible, open windows to promote air flow. Gather outdoors when possible. Stay home and avoid others if you feel sick.

How can I find out what variant I have? (Updated 1/24/2022)

- Maine CDC is not able tell you what COVID-19 variant you may have.
- Work with your healthcare provider or testing location to see if this is a service they can provide.
- In most cases, COVID-19 recommendations do not change based on variant type. Treatment options for COVID-19 available in Maine are all effective against the Omicron variant. Work with your healthcare provider to decide what treatment may be right for you.

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Prevention and Vaccines

How does wearing a face covering prevent the spread of COVID-19? (1/24/2022)

- COVID-19 mainly spreads between people through respiratory droplets or small particles. When an infected person coughs, sneezes, sings, talks, or breathes, they produce these particles.
- Wearing a face covering one of the most effective and easiest ways to reduce the spread of COVID-19. This is because masks help contain respiratory droplets.
- See US CDC's [Guide to Masks](#) for more information.
- You can also learn more about the [types of masks and respirators](#) and ways to [improve how your mask protects you](#).

Do I need to wear a face covering indoors? (8/12/2022)

- [Wear a face covering](#) when around other people for 10 days if:
 - You [tested positive for COVID-19](#).
 - You were [exposed to someone with COVID-19](#).
- You may want to wear a face mask in all indoor public settings based on other factors. US CDC recommends wearing face masks depending on the [COVID-19 Community Level](#) in the county. You may also want to wear a mask based on your individual [risk for severe disease](#).

What does it mean to be fully vaccinated against COVID-19? (3/1/2022)

- You are fully vaccinated 14 days after you complete your first COVID-19 vaccine series.
- [Stay up to date](#) on all recommended COVID-19 booster vaccines.

I am not fully vaccinated. Do I need to wear a face covering? (8/12/2022)

- [Wear a face covering](#) when around other people for 10 days if:
 - You [tested positive for COVID-19](#).
 - You were [exposed to someone with COVID-19](#).
 - This is regardless of your vaccination status.
- You may want to wear a face mask in all indoor public settings based on other factors. US CDC recommends wearing face masks depending on the [COVID-19 Community Level](#) in the county. You may also want to wear a mask based on your individual [risk for severe disease](#).

I am fully vaccinated. Do I need to wear a face covering? (8/12/2022)

- [Wear a face covering](#) when around other people for 10 days if:
 - You [tested positive for COVID-19](#).
 - You were [exposed to someone with COVID-19](#).
 - This is regardless of your vaccination status.
- You may want to wear a face mask in all indoor public settings based on other factors. US CDC recommends wearing face masks depending on the [COVID-19 Community Level](#) in the county. You may also want to wear a mask based on your individual [risk for severe disease](#).

When can I get a COVID-19 booster shot? (11/9/2022)

- Visit "[Stay Up to Date with Your Vaccines](#)" to find out when a COVID-19 booster is right for you or your child.
- Booster vaccines are available across the state at doctor's offices, pharmacies, and hospital clinics. Find a vaccination site [here](#).

When am I considered "fully boosted?" (11/9/2022)

- You are "boosted" as soon as you receive your COVID-19 [booster shot](#). You do not have to wait 14 days to be "boosted."

Where can I get my child vaccinated? (7/18/2022)

- Learn about when your child can get a COVID vaccine [here](#).
- You can find COVID-19 vaccines and boosters across the state. You can find some vaccine sites in Maine [here](#).
- You can find more answers about pediatric COVID-19 vaccine [here](#).

Can businesses, schools, or organizations require face coverings? (3/1/2022)

- Yes. Businesses and other organizations may adopt certain policies for their employees or clients. This may include requiring a face mask, vaccination, or proof of vaccination to avoid wearing a face mask.
- You may want to wear a face mask in all indoor public settings based on other factors. US CDC recommends wearing face masks depending on the [COVID-19 Community Level](#) in the county. You may also want to wear a mask based on your individual [risk for severe disease](#).

Can businesses, schools, or organizations require employees or visitors to be vaccinated against COVID-19? (9/17/2021)

- Yes. Businesses and other organizations may adopt certain policies for their employees or clients. This may include requiring a face mask, vaccination, or proof of vaccination to avoid wearing a face mask.

Where can I report a business that is not enforcing COVID-19 prevention recommendations? (12/10/2021)

- Please contact the management of the business with concerns about COVID-19 prevention.
- If you believe the **situation poses a public health risk**, contact your [local health officer](#).

Where can I find US CDC's COVID-19 Community Levels information? (3/1/2022)

- Find US CDC's COVID-19 Community Levels [here](#).
- You may want to wear a face mask in all indoor public settings based on other factors. US CDC recommends wearing face masks depending on the [COVID-19 Community Level](#) in the county. You may also want to wear a mask based on your individual [risk for severe disease](#).

Are there any cleaning recommendations to prevent COVID-19? (7/7/2020)

- Disinfect common objects and surfaces daily. This can include:
 - Tables
 - Countertops
 - Light switches
 - Doorknobs
 - Cabinet handles
- Use a regular household cleaning spray or wipe.
- Find more cleaning recommendations [here](#).

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Testing

Where can I find a COVID-19 test in Maine? (9/17/2021)

- Visit [COVID-19 Testing in Maine](#) for testing resources.
- Many healthcare providers and pharmacies offer testing. Call ahead to ask if testing is available before visiting.

Will I be charged for a COVID-19 test? (7/18/2022)

- You may be charged for a test, depending on the location that you visit. These sites may charge or bill insurance.
- If unsure, call the site before testing to understand these charges.
- Visit [COVID-19 Testing in Maine](#) for testing resources.

Do I need a doctor's order to get a COVID-19 test? (9/17/2021)

- Some testing sites may need a doctor's order for testing. Call the testing site before scheduling or arrival to find out if you need an order.
- Visit [COVID-19 Testing in Maine](#) for testing resources.

I was tested for COVID-19. How long will my results take? How can I find results? (3/24/20)

- Contact the healthcare provider that tested you for a timeframe and for results.
- Maine CDC does not provide test results to individuals.

What should I know about at-home COVID-19 testing? (1/6/2022)

- Find updated guidance for at-home, self-collected tests for COVID-19 [here](#).

Do I need to report my at-home, self-collected COVID-19 test result to Maine CDC? (1/24/2022)

- You **do not** need to call Maine CDC to report your positive test result. Maine CDC does not collect results from at-home, self-collection tests.
- For questions about what to do after a positive test, call your healthcare provider or Maine 211.

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If you are exposed to COVID-19

What should I do if I am exposed to someone with COVID-19 (Not a healthcare worker)? (8/12/2022)

- If you were exposed to the virus that causes COVID-19:
 - Wear a high-quality face mask when around others at home and indoors in public for 10 days. During this time, monitor yourself for symptoms. Regardless of vaccination status, you do not need to quarantine.
 - Get tested on day 6. If you test negative, continue monitoring for symptoms and masking through day 10. If you test positive, isolate immediately. Find more information [here](#).
 - If you have previously tested positive for COVID-19 within the last 90 days, please find specific guidance for post-exposure testing [here](#).

Do I need to quarantine? (Healthcare worker) (1/6/2022)

- This guidance is for people who **are healthcare workers**.
- As a healthcare worker, you may or may not be required to quarantine from work after a COVID-19 exposure. This depends on your vaccination and booster status, exposure type, and staffing at your workplace.
 - **Work with your employer to determine if you need to quarantine based on [this guidance](#).**
- Generally, healthcare workers who are asymptomatic do not need to quarantine as long as they are up to date on COVID vaccine. Check with your employer to understand their requirements.
- **If you have to quarantine:**
 - Stay home. You cannot go out in public (for example to work, the grocery store, banks, gas stations, beaches, or parks).
 - You can leave quarantine for emergency or necessary medical care. If you are symptomatic, please call ahead.
 - You may leave your house for outdoor exercise activities, such as swimming or hiking, provided that you abide by physical distancing guidelines and avoid contact with other people.
 - Avoid contact with people in your household as much as possible.
 - Your household members can continue to leave the house if they are not also in quarantine.
 - Wear a face mask when around other people at home as much as possible.
- Work with your employer to determine when and how frequently you should get tested, based on [this guidance](#).

- If you develop symptoms of COVID-19, contact your employer immediately.

Do I need to quarantine if I live with a COVID-positive person? (**Not a healthcare worker**) (8/12/2022)

- No. No matter your vaccination status, you do not need to quarantine if you live with a COVID-positive person. Avoid contact with the positive person if possible. Wear a high-quality face mask when around others at home and indoors in public for 10 days. Follow the testing guidance outlined [here](#).

How long should I quarantine if I live with the COVID-positive person? (**Healthcare workers**) (1/28/2022)

- Work with your employer using [this guidance](#) to determine what you should do.

What if I cannot wear a well-fitted facemask and am exposed to COVID-19? (8/12/2022)

- If you cannot to wear a well-fitted facemask after exposure to COVID-19, take other steps to prevent virus spread. This may include improving ventilation for 10 days. Monitor yourself for symptoms.
- Get tested on day 6. If you test negative, continue monitoring for symptoms through day 10. If you test positive, isolate immediately. Find more information [here](#).
 - If you tested positive for COVID-19 within the last 90 days, find information on testing [here](#).

What should I do if I had contact with someone who was recently exposed to someone with COVID-19? (8/12/2022)

- Use [everyday prevention steps](#) for COVID.

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Isolation and Treatment (for people who have COVID-19)

What is isolation? (8/12/2022)

- Isolation separates people with COVID-19 from those without COVID-19. Isolating means you should stay at home and stay away from others in your home as much as possible.

How do I know if I need to isolate? (1/6/2022)

- Isolate immediately if you have COVID-19, regardless of vaccination status. This includes:
 - If you test positive on a COVID-19 viral test (molecular or antigen, including at-home antigen tests)
 - If you have [symptoms of COVID-19](#), including while you are waiting for test results.
- The healthcare provider or testing site that collected your specimen will contact you to let you know the results of your test. If you test positive, isolate immediately.
- Maine CDC may contact you if you test positive. They will ask about your symptoms and exposure. You do not need to contact Maine CDC to report your own results.

I tested positive for COVID-19. Now what should I do? (8/12/2022)

- Isolate as soon as:
 - You find out about your positive test result **OR**
 - You start experiencing symptoms (whichever is sooner).
- Isolate regardless of your vaccination status.
- Early treatment can help prevent severe disease. Even if your symptoms are mild, talk with a healthcare provider to see if COVID-19 treatment is right for you. Find more information [here](#).
- **If you are a healthcare worker**, contact your employer. They will help you figure out when you can leave isolation and return to work using [this guidance](#).
- **If you are not a healthcare worker**, [follow this guidance](#).

- Notify people to let them know about their possible exposure.
- Maine CDC may call you to gather information about your symptoms and exposures. It is important that you answer this call.

What about COVID-19 treatment (Paxlovid, monoclonal antibody, etc.)? (6/30/2022)

- Visit [COVID-19 Treatment in Maine](#) for information on how to get treated for COVID-19.
- Do not wait until you are very ill. COVID-19 treatment works best if started 5-7 days after symptoms begin.
- Treatment is only available for people with symptoms and a positive test. This includes at-home tests.

Do I need to isolate if I am fully vaccinated? (8/12/2022)

- Yes, isolate immediately if:
 - You develop any [symptoms of COVID-19](#)
 - You test positive on any antigen or molecular COVID-19 test
- Isolate regardless of your vaccination status.
- If you are a **healthcare worker**, contact your employer. They will help you figure out when you can leave isolation and return to work using [this guidance](#).

How do I isolate? (8/12/2022)

- Stay home and separate from others. As much as possible, stay in a specific “sick room” or area of the house. Use a separate bathroom, if available.
- If you must be around others in your home, wear a well-fitting face mask at all times when around others.
- Monitor your symptoms. If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately. You can leave isolation for emergency and necessary medical care. Let them know that you have COVID-19, if possible.
- Do not share personal household items, like cups, towels, or utensils.
- Take steps to [improve ventilation at home](#), if possible.

When can I leave isolation? (**Not a healthcare worker**) (8/12/2022)

- This guidance is **for people who are not healthcare workers**.
- If you had mild illness:
 - If you had no symptoms, you can leave isolation after day 5. Use the day that you first tested positive as day 0.
 - If you had symptoms, you can leave isolation after day 5 (use the day that you first developed symptoms as day 0) if:
 - You are fever-free for 24 hours (without the use of fever-reducing medication), and
 - Your symptoms are improving.
 - If you still have a fever or your other symptoms have not improved, continue to isolate until they improve.
- If you had moderate illness (shortness of breath or difficulty breathing):
 - You need to isolate for 10 days.
- If you had severe illness, were hospitalized, or have a weakened immune system:
 - Consult with a healthcare provider to determine when you can end isolation.
- If you are unsure whether your symptoms are moderate or severe, talk to a healthcare provider. If you are unsure if you have a weakened immune system, talk to a healthcare provider.
- Loss of taste or smell may last for weeks or months after recovery. You do not need to delay the end of isolation if loss of taste or smell is your only lingering symptom.

How long do I need to wear a mask after leaving isolation? (8/12/2022)

- After you leave isolation,
 - Wear your mask through day 10, or
 - You may remove your mask sooner than day 10 if:
 - You test negative on at-home antigen tests in a row, spaced 48 hours apart.
 - If your antigen test results are positive, you may still be infectious. continue wearing a mask and wait at least 48 hours before taking another antigen test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

When can I leave isolation? (**Healthcare worker**) (12/29/2021)

- This guidance is **for people who are healthcare workers**.
- Work with your employer to figure out when you can return to work. Use [this guidance](#).

Do I need to tell my contacts about their exposure to COVID-19? (8/12/2021)

- Yes, you should notify those who you may have exposed.

Will Maine CDC contact me about my positive test result? (9/17/2021)

- Due to an increase in case volume, Maine CDC has focused its investigation efforts. The main focus is on a smaller range of ages or those who meet certain criteria. Depending on available resources and case levels, Maine CDC may follow up with other cases who do not meet these criteria.
- As a result, Maine CDC may not contact you if you test positive. **It is very important that you notify people who you may have exposed.**

Why have I not heard from Maine CDC about my positive test result? (9/17/2021)

- Due to an increase in case volume, Maine CDC has focused its investigation efforts. The main focus is on a smaller range of ages or those who meet certain criteria. Depending on available resources and case levels, Maine CDC may follow up with other cases who do not meet these criteria.
- As a result, Maine CDC may not contact you if you test positive. **It is very important that you notify people who you may have exposed.**

Why did I receive a text about a positive result? (12/29/2021)

- People who test positive for COVID-19 and provide their telephone number to their testing site will receive a text message from Maine CDC letting them know about the positive result.
- The text links to more information on what to do next.

I received a text from Maine CDC about a positive result but have not tested recently. Why did this happen? (12/10/2021)

- When Maine CDC receives a positive lab result, they send a text message to the phone number that is reported with the lab result.
 - Maine CDC does not have a way to verify that this number is correct.
- Several family members may list the same contact phone number when getting a COVID-19 test. If you receive this text message, ask other family members if they had a recent COVID-19 test.
 - COVID-19 test results should come from the healthcare provider or facility that collected the COVID-19 sample.

How do I know if the positive result text from Maine CDC is legitimate? (2/18/2022)

- Messages from Maine CDC will come from the number 22300.

- Messages will say “Maine CDC is aware of a positive COVID test result at this number. Isolate and notify people you may have exposed. Read more at www.maine.gov/dhhs/covid”.

What should I do if I already had COVID-19 within the last 90 days and become symptomatic again? (8/12/2022)

- If you start to feel symptoms again during the 90-days following your first positive result, isolate immediately. Get an antigen test.
 - If the test comes back positive, continue to isolate.
 - If the test comes back negative, isolate until 24 hours after symptoms resolve without fever-reducing medication. Contact a healthcare provider to see if there are any other steps to take.

I had COVID-19 and was in isolation. Can I get a release from isolation letter for my employer? (12/29/2021)

- Maine CDC does not provide release from isolation letters.
- Work with your employer to determine when you can leave isolation and safely return to work. **If you are a healthcare worker**, use [this guidance](#) with your employer. **If you are not a healthcare worker**, use [this guidance](#).

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COVID-19 Information for Businesses, Schools, and Childcare Facilities

Where can I find information about the COVID-19 response in schools? (8/12/2021)

- Find updated K-12 school guidance [here](#).

What is Maine CDC’s masking guidance for schools? (11/9/2022)

- Masking is optional in schools and childcare programs in Maine.
- Individuals who would like to continue wearing a mask are encouraged to do so.

What do I need to do if one of my employees tests positive for COVID-19? (**Not a healthcare worker**) (8/12/2022)

- The employee needs to immediately [isolate](#) at home. This is no matter their vaccination status. If the employee is at work, please send them home immediately.
- Gather the names of other employees who may have been exposed. Keep the identity of the positive employee confidential. Notify other employees of their exposure.
- [Disinfect](#) the workplace around the employee’s workstation. Make sure to clean high-touch shared surfaces.
- In most cases, closing the facility is not necessary. Remain open as long as you can maintain staffing needs while employees isolate appropriately.
 - Have a policy in place to support employees who must isolate or care for sick family members.

What do I need to do if one of my employees tests positive for COVID-19? (**Healthcare worker**) (12/29/2021)

- Use [this guidance](#) to determine isolation guidance for your employee.
- Gather the names of [close contacts](#) of the positive employee. Keep the identity of the positive employee confidential. Notify other employees of their exposure. Use [this guidance](#) to determine if close contacts need to quarantine.

- [Disinfect](#) the workplace around the employee's workstation. Make sure to clean high-touch shared surfaces.
- In most cases, closing the facility is not necessary. Remain open as long as you can maintain staffing needs while employees isolate or quarantine appropriately.
 - Have a policy in place to support employees who must isolate, quarantine, or care for sick family members.

If one of my employees tested positive for COVID-19, do I need to report it to Maine CDC? (9/17/2021)

- The places and people [required to report any reportable disease](#), including COVID-19, are:
 - Health care providers
 - Medical laboratories
 - Health care facilities
 - Childcare facilities
 - Correctional facilities
 - Educational institutions
 - Administrators
 - Health officers
 - Veterinarians
 - Veterinary laboratories.
- If you do not fall into one of these categories, you are not required to report COVID-19 cases to Maine CDC.

If one of my employees tested positive for COVID-19, should I notify the rest of my employees? (8/12/2022)

- Tell your employees of their exposure to COVID-19. Perform contact tracing in your facility. Notify other employees of their exposure.
- Keep the identity of the positive individual secret.

Do I need to close my business if an employee is positive for COVID-19? (8/12/2022)

- In most cases, closing your facility is not necessary. Remain open as long as you can maintain staffing to operate safely while employees [isolate](#).

I run a childcare facility. What do I need to do if a staff member or child tests positive for COVID-19? (8/12/2022)

- Anyone who tests positive for COVID-19 should [isolate](#) immediately. They should go home to isolate as soon as is safely possible.
- Collect the names of children and staff who may have been exposed. Notify other employees of their exposure and parents of their child's exposure. Keep the identity of the positive person secret.
- [Disinfect](#) the facility, including high-touch shared surfaces.
- Closing the facility is not necessary, as long as you can maintain staffing needs for safe operation while staff isolate.
 - Have a policy in place to support staff who must isolate or care for sick family members.

I run a childcare facility. What do I need to do if a parent of a child tests positive for COVID-19? (8/12/2022)

- Watch the child for COVID-19 symptoms. The child should wear a face mask in the facility for 10 days following the last exposure.

- If the child lives with the positive parent:
 - The child should wear a face mask in the facility while the parent is in isolation. The child should also wear a face mask for 10 days after the parent leaves isolation.
 - The child should test every 5 days while the parent is in isolation. The child should test again 5 full days after the parent leaves isolation.
- If the child does not live with the positive parent:
 - The child should wear a face mask for 10 days after their last exposure to the parent.
 - The child should test 5 full days after the last exposure to the parent.
- If the child is too young to mask or otherwise unable to mask, use other prevention actions to reduce transmission.
 - This may include improving ventilation in the facility.
- [Disinfect](#) the facility, including high-touch shared surfaces.
 - Pay special attention to places where the parent may have been in your facility. Focus on areas the parent was:
 - Starting from 48 hours before their symptoms started
 - Starting from 48 hours before their positive test was collected if asymptomatic

My employee is in isolation. Should I require a release letter to let them come back to work? (8/12/2022)

- No. Maine CDC does not provide release from isolation letters.
- Work with your employee to determine when it is safe for them to return to work.

Should I require a negative test result for my employee to come back to work after they had COVID-19? (9/17/2021)

- Maine CDC does not recommend requiring a negative test result to return to work.
- A person who had COVID-19 may continue to test positive for the virus for up to 90 days without being infectious.

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Daily Life and COVID-19

I need help with rent assistance/evictions due to COVID-19. Who can I contact? (11/9/2022)

- Visit [Maine Housing Rental Assistance](#) for resources.
- Or call the [Maine State Housing Authority](#) at 207-626-4600.

I am in isolation and need help with groceries or other resources. How can I get help? (8/12/2022)

- Maine DHHS has resources to help Mainers isolate safely. Fill out this [referral form](#) for help with these resources:
 - Emergency groceries and supplies
 - Help with filing for other programs (heating, MaineCare, etc.)
 - Face masks
 - Cleaning supplies
 - Pulse oximeters (to measure your oxygen levels)
 - Thermometers
 - COVID-related transportation services
 - Help finding testing, vaccination, and treatment
 - Cultural support and interpreters

- Support for stress and anxiety

How can I cope with stress during a COVID-19 outbreak in my community? (11/9/2022)

- An outbreak of COVID-19 in your community may be very stressful. [Maine CDC has information available](#) if you are stressed, need to connect with someone, or are in crisis.
- Call the Frontline Warm Line at 207-221-8196 or 866-367-4440. This line is for:
 - First responders
 - Healthcare workers
 - Law enforcement officers
 - Anyone involved in the COVID-19 response
- Visit [Strengthen ME](#) for free stress management resources to anyone in Maine.

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Travel

Where can I find information about travel (domestic or international) if I have COVID-19 or have been exposed to COVID-19? (11/9/2022)

- Find information for travel [here](#).
 - [Domestic travel](#)
 - [International travel](#)

What are masking recommendations for travel? (5/4/2022)

- [Masks are recommended](#) for everyone aged 2 years and up on public transportation. This is regardless of if you are up to date on vaccine.
 - This includes airplanes, trains, buses, airports, train stations, bus stations, etc.).

What are Maine's policies for international travelers coming to Maine for **non-healthcare workers**? (5/4/2022)

- See [this guidance for international travel](#).

What are Maine's policies for domestic travel for **healthcare workers**? (1/6/2022)

- Visit [this site](#) for more on travel guidance for healthcare workers.

What are Maine's policies for international travel for **healthcare workers**? (1/6/2022)

- Visit [this site](#) for more on travel guidance for healthcare workers.

I need a specific COVID-19 test type (PCR, antigen) to travel. Where can I find a test? (11/9/2022)

- Visit [COVID-19 Testing in Maine](#) for testing resources.
- If you need a test for travel, make an appointment as soon as possible.

What kind of COVID-19 test do I need to go to Canada? (9/17/2021)

- Find information about COVID testing prior to going to Canada [here](#).

I cannot find a COVID-19 test for travel. What should I do? (11/9/2022)

- Check with testing sites in your area to schedule a test. Call ahead as soon as possible. Check with:
 - Local pharmacies
 - Urgent cares
 - Healthcare providers

- It is up to each site to decide to offer testing for travel purposes.

I need a vaccine card with a QR code or a SMART Health Card to travel. Where can I get this? (2/15/2022)

- Maine CDC does not give these types of codes with vaccine records.
- You can find a list of places that offer [SMART Health Cards](#) with a QR code [here](#).
 - You can also find FAQs about SMART Health Cards [here](#).

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